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| **Value: RESPECT** | **Context: ALL SETTINGS** |
| **Expectation: I use positive Body Language** | |
| **Introduction:**   * 1. *Discuss:*   2. \* What is Body Language? Body language is a kind of **non-verbal** communication, where thoughts, intentions, or feelings are expressed by physical behaviours. These movements can be both deliberate and unconscious choices.   3. \* How do we use body language to communicate?   4. - Facial expressions (show feelings such as happy, sad, angry, surprised etc)   5. - Body posture (hands crossed across the body, hands on hips, facing toward a person, slouched over)   6. - Gestures (handshakes, thumbs up, stop/wait, shrugs,)   7. - Eye movement (rolling eyes, raised eyebrows, looking, staring, eye contact)   8. – Touch (hug, hit, push, gentle, hard holding hands, pats, high fives)   9. - The use of space (personal space)   10. \* Is body language important? How? Why? (May be important to note that different cultures have different body language cues, for example, In Japan to show respect you bow lower than the other person.)   \* What does politeness look like? What does rudeness look like?  *Record*: divide board into two columns: Positive and Negative. Brainstorm different kinds of body language that can be portrayed as positive or negative.     |  |  | | --- | --- | | Positive | Negative | | smile, thumbs up, hug, slow and gentle movements, waving, looking | angry, arms crossed, hands on hips, rolling eyes, slouching, snatching | | |
| **Teacher Model/Peer Demonstration:**  Go through different facial expressions,  Body postures (show me you are interested in the lesson),  Gestures (How do you show that you don’t understand something?),  Eye movement (How do you look at someone who is speaking to you?)  Touch (How do you help someone who is hurt?),  Space (How do you stand next to a person who is speaking to you?) | |
| **Role play scenarios-**  *Positive body language:*  Students are listening to another student’s presentation.  Student demonstrates the correct way to apologise to another student.  How to greet someone.  *Negative body language:*  You are bored in class.  Saying sorry but not meaning it.  Teacher has said no to something you really wanted to do. | |
| **Discuss:** Role play. How does this make you feel when you see this kind of behaviour? | |
| **Review:** Students are reminded of how important it is to treat everyone with respect, as well as speaking to them politely. Students can sound polite but they also must look polite.  **Remember ‘sound polite and look polite’** | |
| **Practice throughout the week:**  Students practise using positive body language to everyone. Teachers reinforce positive behaviours. | |
| **Resources:** | |
| **Evaluation:** Monitor positive behaviour and reward responses. | |